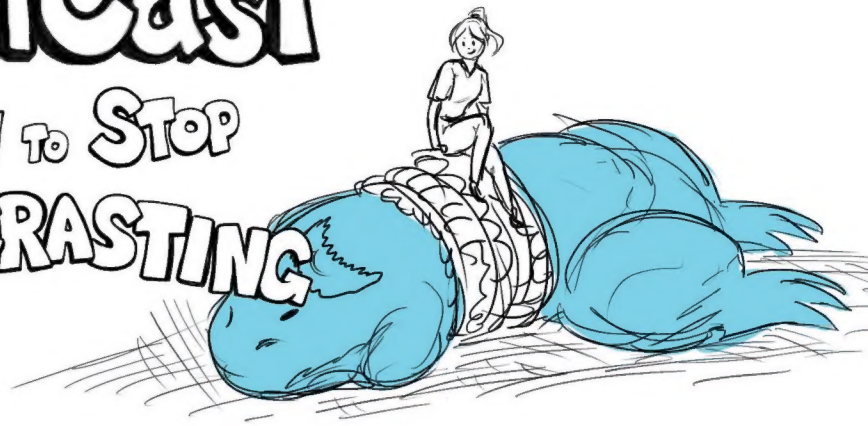


# WellCast

How to Stop

## PROCRASTINATING

DATE \_\_\_\_\_



### 1 EAT AN ELEPHANT

Don't let that daunting ELEPHANT overwhelm you!  
Instead, organize it into bite-sized segments.

TASK:	TIME:

### 2 PICK OFF THE GOBLINS

What are some fun tasks you can do to start the project?

### 3 IGNORE THE SIREN'S SONG

Don't forget to clear your time from any DISTRACTIONS!